This exercise is a gentle way to move the joints and tendons in your hands. Do these movements until you feel a mild stretch. Never push to a strong stretch.

1. Hold your hand straight with your fingers and thumb pointing up. Your wrist should be relaxed, following the line of your fingers and thumb.
2. Bend your fingers at the knuckle joint while holding the top two joints straight.
3. Curl your fingers so that the top joint is straight and the fingertips touch the base of your palm. Your thumb can rest against your index finger.
4. Curl your fingers so that the top two joints in them are bent and your fingers wrap down. Your fingertips should touch or be near the base of your fingers. Your fingers will look like a hook.
5. Make a fist by bending your knuckles. Your thumb can gently rest against your index (pointing) finger or curl up against the index and middle finger.

Perform ___ reps, ___ times a day

**Joint Blocking- DIP**
Support your finger firmly and hold your wrist straight. Bend only the tip of your finger. Perform ___ reps, ___ times per day

**Joint Blocking- PIP**
Support your finger firmly and hold your wrist straight as shown. Bend only the middle knuckle while trying to keep the tip relaxed. Perform ___ reps, ___ times per day